



High School Rugby Fact Sheet Spring 2012

- Rugby has been a youth sport in the Fort Hunt/Mount Vernon community through the Fort Hunt Youth Athletic Association (FHYAA) since 2006
 - We established our high school program in Spring 2011
- Fort Hunt Rugby runs two programs:
 - U-19/High school (tackle) rugby for boys and girls 14-18
 - Summer recreational youth touch and tackle rugby (7-17), with 72 players in Summer 2011
- No experience necessary; we will teach you how to play rugby
- Ages: 14-18 (U-19), must not turn 19 by 1 June 2012
- Eligibility
 - Open to any eligible player, regardless of school or residence
 - Home-schooled players, too
 - This is **not** a school- or FCPS-affiliated program
- **Dates**
 - Registration opens in January 2012 (register online via FHYAA, www.fhyaa.org/rugby)
 - Training starts in February 2012
 - Matches begin in mid-March
 - Matches end in mid-June, with all-star opportunities into July
- **Purpose/Philosophy**
 - Teach competitive, high-level rugby to high school-age youth
 - Compete and succeed in the Rugby Virginia league
 - Emphasize player development, teamwork, discipline, sportsmanship, and respect for teammates, opponents, coaches and officials
 - Teach and instill unique rugby culture and traditions
 - Foster a love for the lifetime sport of rugby
- **Coaches**
 - Both team head coaches and almost all assistant coaches are USA Rugby-certified for full-contact youth rugby (USA Rugby Level 1)
 - Fort Hunt Rugby head coach is USA Rugby Level 2-certified
 - All coaches have taken the International Rugby Board's Rugby Ready course
 - All coaches are Positive Coaching Alliance Double-Goal coaches
- **Tour**
 - Summer 2012 U-19 tour, destination Ottawa, Canada, for both boys and girls
 - Boys and/or girls will tour together, as separate teams

➤ **Expectations and Ground Rules**

- High school rugby is a spring sport, like any traditional high school varsity-level sport (baseball, soccer, lacrosse, etc.)
- We expect players and parents to dedicate themselves to the program and their team
- This is not a recreational program, but a varsity-level program emphasizing player development and success in competition
- The best players will start, and will play
 - There will be B-side and C-side matches for all other players
- Players who do not attend training will not play, regardless of experience or ability
- Players must attend a minimum of 4 full-contact practices before being permitted to play, whether an experienced returning player or a novice
- Players must demonstrate proper contact discipline and physical/emotional maturity before being permitted to play
- All players are **required** to use a personally fitted mouth guard for training and matches
- Players, coaches and parents/spectators must abide by respective USA Rugby, Mid-Atlantic Rugby Football Union, Rugby Virginia and Fort Hunt Rugby codes of conduct
 - Coaches and players will sign and turn in their respective Fort Hunt Rugby code of conduct

➤ **Fees**

- \$140 FHYAA registration for Spring 2012
 - Plus \$5.50 county usage fee
 - \$25.00 late fee begins on 1 March
 - All parents are expected to volunteer; if you choose not to, there is a \$50 volunteer opt-out fee
 - Asst Coach, Asst Referee, field preparation, social activities, fundraising (see more info, below)
- \$30 mandatory national registration with USA Rugby
- Scholarships are available; contact coaches to request one

➤ **Equipment**

- Team-provided equipment
 - All training gear: balls, cones, poles, pads, jerseys, tees, etc.
 - Game jerseys (team property)
- Player-provided equipment
 - Black over-the-calf socks (required for matches)
 - Rugby shorts (for training and black shorts required for matches)
 - Black compression shorts (matches)
 - Personally fitted mouth guard (mandatory for training and matches)
 - Water (training)
 - Boots: molded-sole or screw-in studs
- Optional Equipment: rugby gloves, scrum cap, padded undershirt, shin guards
- Prohibited items
 - No eyeglasses permitted, not even sports goggles; contact lenses are allowed
 - No jewelry: necklaces, bracelets, watches
 - No visible piercings: earrings, nose rings/studs, lip rings, etc. must be removed, not taped
 - Any equipment with metal or hard plastic, such as belts, casts or braces

➤ **Times and Locations**

- Training: Tuesday/Thursday, 4:00-6:30; Saturdays 8:00-10:30 (until matches start)
 - Quander Road School in January-February, move to Bucknell Manor Park in mid-March
 - Quander Road School is fallback training field if Bucknell Manor Park field is closed
- Matches
 - Usually Saturday mornings/afternoon, but weekday afternoons possible (unlikely)
 - Home field TBD, possibly Mount Vernon Rec Center
 - Away games at Springfield, Chantilly, Fairfax, Warrenton, Alexandria, Frederick, etc.
 - Playoff matches possible in the Hampton/Norfolk area

➤ **Required Paperwork**

- Parent-signed USA Rugby waiver
- Parent-signed Rugby Virginia waiver
- Player-signed Fort Hunt Rugby code of conduct
- Current VHSL physical exam

➤ **Volunteers**

- We need volunteers!
- No experience necessary; do not be intimidated by not being familiar with rugby
- We will teach you how to help
- Positions
 - Assistant coaches
 - Registrar/Compliance Officer (registration/records, collecting mandatory documentation)
 - Match secretary (making contacts, scheduling games, providing directions)
 - Equipment/Field Manager (pads, jerseys, water for matches, field-lining, etc.)
 - Social Chairman (plan/resource/execute home match socials)
 - Photographer/Videographer; all matches need to be videotaped
 - Historian/Statistician: match scores and individual player scoring stats

➤ **Website:** www.fhyaa.org/rugby, and then see the high school rugby section (left-side column)

➤ **Communication**

- Any player, parent or supporter may contact a club official at any time, by phone, email, whatever
- All official club/team communication will be done via email
- Players/parents must keep all contact info up to date
- All official communication also will be posted to website, including to the club calendar
- Unofficial club and team communication via text messaging and via Facebook:
 - "Fort Hunt Eagles RFC"
 - "Fort Hunt Boys High School Rugby"
 - "Fort Hunt Girls High School Rugby"

➤ **Contact:**

- John Dacey, Fort Hunt Rugby Head Coach, H 703-780-5859, rugby007@aol.com
- Dale Roach, HS Boys Head Coach, H 703-768-4333, coachroachjr@gmail.com
- Andy Vonada, Fort Hunt Rugby Commissioner/HS Girls Head Coach, H 703-360-1534, alvonada@hotmail.com